

# Med-Alert

## The 5<sup>th</sup> BDE(HS) Newsletter



June 2000  
Volume 5

### The Colonel's Corner

First, I, along with the rest of the Brigade, want to offer our heart-felt condolences to CSM Roger Carlisle on the death of his father, John. Our thoughts and prayers are with Roger and his family in this difficult time.

Below are some of the keys points that came up during the May drill that apply to most, if not all, of you:

1. This newsletter is one of the Brigade's communication tools. However, it is not our primary too. Use your chain of command. Leaders must communicate with their troops!
2. I am open to new ideas on how to run the Brigade's business. Do not hold any idea back. Remember, a major league baseball player may only hit the ball 3 out of 10 attempts. But that is enough to be in the elite of his field.
3. Have your family support group conduct an informal, quarterly meeting.
4. What other part-time job has as many benefits as the USAR? You get retirement, partial medical, tax-free shopping, unlimited promotion opportunity, higher education funding, and specialized training with the opportunity to expand to other fields, and numerous others. **TELL YOUR FRIENDS!**
5. Do you want more money for your unit? Funding is based on the number of drilling soldiers as of 30 September of each year. Too few soldiers, less \$\$\$\$ for schools and you!
6. Too many of you are volunteering for **COMMUNITY ACTIVITIES** without being properly recognized. The Army has means of providing that well-deserved recognition. Contact the Brigade's Public Affairs Officer at [gordon\\_e\\_tate@caradon.com](mailto:gordon_e_tate@caradon.com) for details.

This Brigade needs everyone's input, participation, and enthusiasm to be its best. Don't hold back!

Finally, **CONGRATULATIONS** to SFC Ramiro Rodriguez. After 16 years of dedicated service, he re-enlisted for 6 years on Armed Forces Day. SFC Rodriguez is a stellar example of a professional NCO.



PND Drill: 3 & 4 June  
HHD Drill: 10 & 11 June  
3457<sup>th</sup> Drill: 24 & 25 June

### Your Chain of Command

#### 5<sup>th</sup> BDE(HS)

COL Angel Padilla      CSM Roger Carlisle

#### 10<sup>th</sup> Battalion

LTC Gordon L Koenig      CSM Paul Castro

#### 3457<sup>th</sup>

LTC Floyd Priester      CSM Jackie Adams

#### PND

MAJ Mary C. Gomez      CSM David Stading

#### HHD – 5<sup>th</sup> BDE

2LT Beth Ann Spoon      SFC Jose Rameriz

If you have an e-mail address and would like to get this and future issues of the Brigade newsletter sent directly to your computer, please ensure that your e-mail address is correct on the Alert Roster.

### FSH COMBAT MEDIC RUN

Ft. Sam Houston is having a 10-K Combat Medic Run on 10 June 2000. COL Padilla has authorized participation in this event. You must return to duty upon completion.

CPT Tate is the Brigade's POC. He has put together a team to participate in the 5-person guidon run. If you wish to run, on your own, contact the post at 221-5718.

### RFOS

Submit Request for Orders at least 2 weeks before you need them. It makes life for everyone involved so much easier. POC for HHD is Lee Garza at (commercial) 210-221-5041.

## **SAFETY TIP #4**

A national study shows a computer work force of 18 million Americans at significant risk from repetitive stress injuries, including carpal tunnel syndrome (CTS) and lower back injuries. The survey, conducted by the National Institute of Occupational Safety and Health, identified four common workplace risk categories:

1. Poor workstation layout,
2. Inadequate office equipment,
3. Unhealthy posture habits, and
4. Lower worker expectations about office comfort.

These four risk categories produce personal pain and lost productivity. One of the easiest of the four categories to fix yourself is your workstation layout. Below are some tips on a proper workstation layout.

- (a) Keep your top line of text on the screen at eye level.
- (b) Adjust your chair so that your thighs are parallel to the floor.
- (c) Sit in the neutral position. Your head should be squarely over your shoulders and your back straight and supported at the lumbar.
- (d) Adjust your keyboard so that your forearms are parallel to the floor.
- (e) Keep the brightest source of light at a 90-degree angle to your computer screen.
- (f) Take microbreaks. Do something to break-up the repetitive nature of your work.
- (g) Get in, and stay in, shape. The better your physical health, the less likely you are to succumb to repetitive motion illnesses.

## **Nursing History**

*August 1856:* The Secretary of War was authorized to appoint enlisted men as hospital stewards, equivalent to noncommissioned officers.

*10 Jun 1861:* Two months after the Civil War began on 12 April 1861, the Secretary of War appointed Dorothea Lynde Dix, famed for her work on behalf of the mentally ill, as Superintendent of Women Nurses for the Union Army. Despite the impressive title, Miss Dix's authority was vague and limited: "to select and assign women nurses to general or permanent military hospitals, they not to be employed in such hospitals without her sanction and approval except in cases of urgent need." Miss Dix headed the list of about six thousand women who served the federal forces. Some of the women, before reporting for assignment, received a short course in nursing under the dedicated direction of Dr. Elizabeth Blackwell, the first woman to receive a medical degree in the United States.

*03 Aug 1861:* The Congress authorized The Surgeon General to employ women as nurses for Army hospitals at a salary of \$12 per month plus one ration per day.

## **FROM THE S1**

One of the most important considerations of family readiness is to ensure that your family will be properly cared for in your absence. This includes drills, AT, mobilization, or during any other type of unexpected circumstances. A Family Care Plan (FCP) is important for all soldiers, however, it is critical for single parents and dual military parents. It is mandatory for all soldiers in these two categories to have a FCP.

You need DA Forms 5841-R & 5840-R. Additionally, a current copy of divorce papers, if applicable.

The S1 will be conducting inspections over the next 3 months to ensure that every soldier who needs a FCP has one on file.

Remember that every unit needs to conduct a Family Support Meeting during June. The S1 will be meeting with key personnel during that time to provide assistance where needed. Don't forget to invite all family members to attend.

Your FSG is an officially sanctioned organization for officer and enlisted personnel, AND their family members. The FSG provides information to and a support network for families and soldiers during their association with the unit.

Leila Koenig, the Brigade's Family Support Chairperson, has stepped down after providing invaluable service to the unit for several years. If you would like to support the Brigade by filling the FSG Chairperson role, please contact CPT Muniz or Mr. Garza at 221-5041. And, THANK YOU LELIA!

## **ARE YOU FITT?**

Remember to incorporate FITT into your fitness-training program.

Frequency: 3-5 times per week working on cardio-respiratory endurance.

Intensity: Training at 60 to 90% of your heart rate reserve.

Time: 20 or more minutes of strenuous exercise.

Type: Aerobic events and muscular strength exercises for shoulders and abdominals.

## FROM THE S3

### Schools

\* - Indicate date change!

Dates given as "day-month-year"

#### COMMAND SERGEANTS MAJOR

*Stading, David*  
170900,

#### AMEDD ANCOC, Phase 2

*Kuhlman, Richard*  
150700, FSH

*Garcia, Eduardo*  
150700, FSH

*Lein, Jackie*  
150700, FSH

*Madden, Jackie*  
150700, FSH

*Miller, Robert S.*  
170700, FSH

*Rothell, William*  
150700, FSH

*Cowans-Johnson, Sheila*  
150700, FSH

*Deloney, Mark*  
150700, FSH

*Stuekerjuergen, Denise*  
150700, FSH

*Thornhill, Michael*  
150700, FSH

#### ANCOC Phase 1 – Common Leader Training

*Richardson, James*  
260800, Ft. McCoy – or –  
100600, Ft. McCoy

*Rodriguez, Carol*  
260800, Ft. McCoy

#### PLDC

*Drotos-Pabon, William*  
160900, Camp Ashland, NE

#### CTC

*Oronsaye, Edward*  
070800, Ft. McCoy, WI

#### RC Personnel Services Specialist (75H10)

*Castilleja, John*  
040600\*, Parks RFTA, Dublin, CA – or –  
180600, Parks RFTA, Dublin, CA

*Pantoja, Lucio*  
180600, Parks RFTA, Dublin, CA – or –  
040600, Parks RFTA, Dublin, CA

*Cortez, Tony*  
040600, Parks RTFA, Dublin, CA

#### RC Admin Specialists (71L10)

*Herrera, Alfonso*  
080700, Ft. McCoy – or –  
230700, Parks RFTA, Dublin, CA

#### TATS Admin Specialists BNCOC (71L30)

*Shigekawa, Rebecca*  
110600

#### Unit Supply Specialist (92Y10)

*Bailey, James*  
110600, Ft. Riley, KS

#### Combat Lifesaver Course

The following courses are scheduled for FY00.

Course 503	2-4Jun – Lafayette, LA
Course 108	3/4Jun – Lincoln, NE
Course 109	10/11Jun – Shreveport, LA
Course 004	16-18Jun – Tulsa, OK
Course 504	27-29Aug – OK City, OK

#### EMT Refresher Courses (Video Tele Training)

<i>Date</i>	<i>Times</i>
19-23 June	1000 – 1700
26-30 June	0600 – 1500
17-21 July	0800 – 1600
24-28 July	0600 – 1000
21-25 Aug	1000 – 1700
28 Aug – 1 Sep	1000 – 1700
11-15 Sep	0600 – 1500

For more information, contact Steve Van Gilder at (DSN) 471-8135 or (210)221-8135.

## FROM THE HHD COMMANDER

I would like to thank everyone for being patient and flexible during this transition period. There are a lot of personnel moves occurring at this time. The HHD is trying to position its staff in order to maximize efficiency. Remember that our drill schedule is back to 0700 – 1600 and PT will be conducted at 0700 outside of the Reserve Center (not at MacArthur Field). There are plenty of shower facilities available at the drill center. I expect all leaders to ensure accountability of their section at 0900. As promised, HHD will provide every soldier with a copy of next month's drill schedule. If there are any problems, please see me.

2LT SPOON

### For ALL 5<sup>th</sup> BDE(HS) Soldiers...

If you have a change of address or phone number or e-mail address, notify your supervisor and have that information passed on up the chain of command. We need to know where you live!

*Articles for the newsletter are due by close of business each Saturday's drill. Please submit to the BDE PAO on floppy disk.*